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A MIND REMEDY

A MIND REMEDY

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CONDITIONS

Conditions that are not desirable to explain have made it almost necessary to make this paper as brief and compact as possible. With double the number of pages, the views here presented might have been better and more clearly expressed.

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INTRODUCTION

Among the many matters that have engaged the attention of the Medical Profession during the past twenty-five years, the germ theory is one of the most important. Through the persistent, able, and successful efforts of Prof. Elie Metchnikoff it has been brought to the notice of the profession in such a manner as to entitle him to the designation of The Father of the Microbe.

Without underestimating the value of acid milk impregnated with the Balkan Microbe, it is desirable at the present time to notice that through the labors of many we have learned that many diseases, though other microbes may be present, yet each disease has a microbe peculiar to itself. Another feature of these diseases, as far as I am aware, is that they have a distinct and separate pathology by which they are mainly designated from each other.

I have not at present learned the name and number of all these diseases. According to the views of Metchnikoff, all of these diseases may justly be subjected to his treatment. Time may be necessary to verify its success. It would be a cause of great regret if the able and brilliant work expended were not fully rewarded.

There is a large number of diseases with characteristics different from these just considered. They have received the most earnest attention within the last fifteen years, so that they may be designated as a Class. They have many characteristics, but for our present purpose only four will be noticed.

1. Medication. Climate and hygiene have little effect. They are practically incurable.

2. They have no alteration of structure. It may be claimed they have no Pathology.

3. Their symptoms are of a nervous character.

4. They have no microbe peculiar to each disease.

Referring to the statement that these dis-[illegible]es have no alteration of structure, it must

be stated that some have an alteration of structure, but it is of a secondary character. The fact that these local manifestations were accompanied by the nervous symptoms gave rise to the idea that they caused the brain disturbance. In later years the idea has been advanced that all symptoms originated in the brain and all local symptoms were secondary. The latter theory is now the one generally accepted.

It was felt that these diseases must have a pathology. Since the nerve filaments end in the neuron of the brain, the neuron of the brain was the seat of the disease. Hence arose the name of these diseases. *Neuronic,* signifying origin in the brain, and Neurotic is the name that signifies that the origin is external to the brain.

The location of the pathology of these diseases in the neuron is simply assumed. It is not known that there is any alteration of structure in the neuron.

The number of these neuronic diseases are many—some writers claim as many as fifty or more. Neurologists have not, as yet,

adopted any list. It is generally admitted by the profession that in view of the similarity of symptoms in all, a remedy efficient in one would in all probability be a remedy for all. No such remedy has been found. Medication and other methods of treatment have availed so little that they may justly be considered incurable. The finding of a microbe common to a few might afford a ray of hope. The hope is that the presence or the absence of a peculiar microbe might serve to add to or eliminate from the list, so that the list so increased or diminished might be assumed as true neuronic diseases. With this new starting point, it is more than possible that if a remedy for one may be found, it necessarily would be a remedy for all. In view of the fact that one of the products of milk has been efficient in one class of diseases, another product might be efficient in another class of diseases.

A MIND REMEDY

It is very seldom that a medical paper has been written with the same feeling that has prompted this paper. Many will read only the headlines.

It is proposed to show that scores of the most common and well-recognized diseases and diseased conditions have such a uniformity of symptoms as to be justly classed as one disease. All are practically incurable.

A remedy is claimed that is practically a specific. It is a drug that is the most rapid and efficient of all drugs in its action. The drug is one of the most simple remedies. It is lactose, or sugar of milk.

To prove the above, a man will not come from the East, from whence has come wisdom and knowledge for thousands of years, but rather from the West, and he a plain "Country Doctor." Very many, after reading thus

far, will read no farther; it is too great a tax on the credulity of the reader; but those that read to the end are sure to be rewarded, and must admit that all is true or that as a fabrication, for boldness and originality it is without a parallel in the annals of fiction.

The following is a list of diseases and diseased conditions:

LIST OF DISEASES

Asthma
Eczema
Lateral Curvature
Alcoholism
Mania Potu
Diabetes
Locomotor Ataxia
Organic Heart Disease
Angina Pectoris
Senile Gangrene
Gout
" Rheumatic
Interstitial Nephritis
Arterio-Sclerosis
Hypochondria
Acne Punctata
Irregular Teeth
Chorea
Nervousness
Lithiasis
Goitre
Fibroids
Difficult Labor
After Pains
Vomiting in Pregnancy
Leucorrhea
Dysmenorrhea
Amenorrhea
Puerperal Convulsions
Menorrhagia
Figure improved
Voice improved
Mammary Gland enlarged
Apparent age lessened
Hands and feet smaller, with improved warmth and color
Irritability lessened
Vivacity improved
Mental Labor facilitated
Hair and Eyebrows, growth and color restored
Skin, improved clearness, face and body
Warts and Moles, elevations of skin removed
Apoplexy Inferential

All of the following cases occurred in my own practice. The names and addresses are withheld for obvious reasons.

ASTHMA

Case No. 1.—August, 1907. Male, aged thirteen years. Had suffered for six years, beginning in the fall and lasting until January. The attack commencing earlier and being more severe each year. He could not lie down and required attention two or three times each night. Found him with severe dyspnea; auscultation showed asthma. Was promptly and completely relieved by lactose, so that the next morning he went away on a delivery wagon. After taking lactose 80 grains for a week three times in the next five months, was relieved until the next year, when, on recurring, was again promptly relieved. After a second recurrence in a mild form, and receiving the same treatment as before, has been well until the present time.

Case No. 2.—Male, aged forty-two. First saw him May, 1894. Had asthma for eight years continually, worse at times. Took lac-

tose and was relieved at once. Relieved for three months, had a slight attack, took lactose, and has been entirely free from asthma to the present time.

Case No. 3.—1906. Male, aged eight years. Has had asthma since he was a year old, more than half the time confined to the house, seldom going more than a few steps from the door. Was relieved at once by lactose and remained well until Sept. 7, 1907, when he had a slight attack. Was treated and promptly relieved by lactose and well a year afterward.

Was treated by medical men during nearly the whole time of his illness.

Case No. 4.—Sept. 2, 1902. Female, aged eleven years. Found her with very severe dyspnea. Her mother said that when eighteen months old I had diagnosed asthma. Had not been able to attend school or to go more than a few rods from home in four years. Took lactose, and two weeks later walked two miles, spent the day, and kept on her feet most of the time.

Case No. 5.—Male, aged twelve years. Had

asthma for six years. Was treated three times in about five months. Since then treatment up to a year ago has been absent or irregular, and from a year ago, regular.

A year ago, after careful examination, it was my belief that he had emphysema. Since then for the first five months lactose treatment produced but little effect. He was under size and had prominence of the sternum. He then began to improve rapidly and has had no attack for nearly four months. Prominence of sternum is markedly less; has increased in height and weight, and appears to be cured. Will continue treatment.

ECZEMA

Case No. 6.—November, 1895. Female, aged eighty-three. Had a small ulcer on right leg, accompanied by intense itching so severe as to cause loss of sleep. It was promptly relieved by lactose. The relief from the disease and improvement in general health has continued to the present time. Since the first relief from the lactose she has taken about one and a half drachms a day for

fourteen years. She purchased it from the shops. Felt that she was greatly benefited by it. In 1909 the ulcer and itching returned; was not relieved by the lactose she was taking, but on taking a different and reliable specimen was relieved at once. Since fourteen years ago her hair has changed in color very little. It is still dark. She has retained to a remarkable degree her full vigor of intellect in every respect. She died in 1910, at the age of eighty-five years.

Case No. 7.—Sept. 25, 1903. Male, aged thirty-eight. Had been complaining for six weeks of an eruption and itching that extended over one-fourth of the body. The itching was severe, causing much loss of sleep. The lactose was prescribed in the evening, went home and slept soundly until morning. There was a return of the symptoms in a less degree. A return to the lactose, was again relieved, and after three weeks had no return of symptoms.

Case No. 8.—Mar. 12, 1903. Female, aged eighteen years. Had eruption with exudation and itching on the side of the face and neck

for six months. Unsightly in appearance. Kept her at home for several months. On taking the lactose, all trace of the disease was removed in a week. No return of disease.

Case No. 9.—August, 1903. Female, aged eighty-five years. Eruption and severe itching on both forearms and hands. Had existed for five months, causing loss of sleep. Relief from lactose was prompt. Slept next night twelve hours. No return of disease. Cured in one week.

LATERAL CURVATURE

Case No. 11.—December, 1907. Female, aged forty-one years. Had most decided lateral curvature; was under treatment until September, 1910. Took lactose four times during that time; was completely relieved when last seen.

Case No. 12.—Dec. 5, 1907. Female, aged twenty years. Had most decided antero-posterior curvature. Had been noticed by her mother "when a baby." Took forty grains a day for five days. Dec. 20 noticed improvement of vertebral column and also of the

voice. In the next two months took lactose twice, the curvature entirely relieved.

LATERAL CURVATURE AND PITYRIASIS

Case No. 13.—July, 1907. Female, aged twenty-three years. Slender build, nervous temperament. Irregular and frequent menstruation with leucorrhea and dysmenorrhea. Had pityriasis over one-third of the body. Has lateral curvature that I diagnosed twelve years ago. At the end of six weeks, having taken lactose twice, pityriasis had disappeared, menstruation normal, leucorrhea nearly and lateral curvature entirely relieved.

ALCOHOLISM

Case No. 15.—Male, aged fifty-two years. Active business man has a hereditary tendency to alcoholism; has drank quite steadily for twenty-five years, often incapacitated for business. June 16, 1913, after a debauch, next morning was excited, irritable, and had a strong desire for drink. Took a drachm of lactose, within five minutes lost all desire for

drink and said he would not take it if it was offered. Drank nothing until Dec. 3 (five and a half months), drank for a week, and has abstained till the present time, Jan. 24, 1914.

CASE No. 16.—Male, aged thirty-nine years. Drank for several years, often to excess. The habit had grown worse to Oct. 16, 1913, when he took lactose. Dec. 7, again took for a week. Has drank no alcoholic liquor since he took the lactose. Has improved remarkably in appearance.

MANIA POTU

CASE No. 17.—Male, aged fifty-seven years. Had drink habit. Seldom disabled. In 1907 had grippe, with severe nervous alcoholic symptoms; promptly relieved with lactose. Refrained entirely from drink for two years, taking lactose occasionally for eighteen months, then no medicine for one year and a half.

Oct. 11, 1910. Drank again for a year. Had delusions: a man was following him. Did not sleep for four nights. Had taken

bromides and opiates. Saw him at 10 P.M., Oct. 15; took lactose and slept three hours. Had only three slight delusions, Oct. 15. Oct. 17 to 21 took lactose. Felt well and stopped all treatment.

Nov. 25, 1913, was taken with an attack of grippe. Had refrained from the use of liquor except on one occasion.

DIABETES MELLITUS

CASE No. 18.—Female, aged fifty years. Saw her first Dec. 6, 1907. Had symptoms of diabetes, passed large quantity of straw-colored urine, loss of weight and dyspnea rather urgent. Urine showed quite abundant sugar. Took lactose at 7 P.M.; next day at 2 P.M. took an enjoyable walk of two miles, free from dyspnea. Sugar very soon disappeared from the urine, as did all other symptoms. Has enjoyed excellent health to the present time.

DIABETES

CASE No. 19.—August, 1808. Male, aged fifty-four (mail agent). Had diabetes for six

years, was operated upon for cataract two years before. Had marked ascites, with dyspnea. Urine lessened, with albumen and sugar in large proportion. Took lactose; dyspnea and dropsy rapidly diminished. Sugar diminished fifty per cent, general condition much improved. Was under treatment one month, passed out of my hands. Died in six weeks, paracentesis having been performed a few days before death.

LOCOMOTOR ATAXIA

Case No. 20.—Male, aged forty-two years. A carpenter, began to complain October, 1912. Pain in the back with cold and hot flashes up the back; a little later, twitching of the feet. These symptoms increased in severity until February, 1913. He then began to have loss of power in the extremities, the right foot being the most affected. Reflex action of extensor muscles nearly lost. Would strike the heel first in walking. All the above symptoms and pain in the limbs, with reflex action of legs absent, increased in severity until June 16, 1913. Took lactose at 10 A.M. In

thirty minutes said he felt better. Saw him again at 3 P.M.; pain entirely relieved, walked more firm.

June 17, 1913, 9 A.M. Extensor muscles strong. All symptoms entirely relieved except a slight halting of one foot. June 18, 1913, entirely well. Two weeks later had an attack of La Grippe, symptoms returned in a slight degree, but lasted only a few days. He was then entirely well, until Oct. 17, 1913, was accidently killed.

CASE No. 21.—Oct. 12, 1902. Male, aged sixty-two. Had aortic regurgitation, was suffering from dyspnea, slight œdema of extremities. Took lactose, was immediately relieved for eight months, when symptoms began to return. Took lactose, was again promptly relieved. Continued quite comfortable for seven months. Got worse, and died Jan. 8, 1904. Passed out of my hands October, 1903.

CASE No. 22.—April, 1902. Female, aged seventy-seven years. Had dyspnea and œdema of extremities which began several months before. Had also marked mitral re-

gurgitation. Took lactose; all symptoms disappeared most rapidly. She acted and appeared quite well for nearly six years, when symptoms returned, and she died March, 1908. Did not take lactose during her last attack of the disease.

Case No. 23.—Nov. 23, 1900. Male, aged seventy-four years. Livid face, some œdema of lower extremities and abdomen, mitral murmur of heart. First began with shortness of breath and pain around the heart. Took lactose and was entirely relieved in a few days. The symptoms returned at three different times during the next eight years. Each time relieved with the lactose. During the eight years his health was as good as most men of his age. He died after a few days' illness.

Case No. 24.—Jan. 21, 1913. Male, aged sixty-nine years. Had drink habit for twenty-five years. Had abundant atheroma in the arteries; had valvular disease of the heart; aortic valves. Did not examine closely, as I expected to do so a few days later. Gave lactose.

Did not see him again until Dec. 23, 1913. He then had dyspnea. There was aortic obstruction, mitral regurgitation, and enlargement. The heart sounds were loud. Said he had stopped drinking since June 13. Jan. 4, 1914, dyspnea decidedly relieved, heart sounds not so harsh, pulse softer. Says he is much better. Feb. 26, 1914, have seen him four times since last date. There is no dyspnea, pulse at wrist softer, heart sounds soft. Hypertrophy seems lessened. Has gained in weight; has a keen relish for food. Is able to do a fair amount of rather light physical labor.

Had an uncle that had chronic heart disease. His father and another uncle died of apoplexy.

ANGINA PECTORIS

Case No. 25.—Aug. 14, 1902. A professional gentleman, aged fifty-three years, irregular habits; had suffered for more than two years with severe pains in left side, with oppression of the thorax. The attacks increased in severity and frequency, occurring

several times a week. Had enlarged and thickened arteries, general œdema, urine free from albumen.

Began the lactose at 3 P.M., two drachms a day. Had a severe attack at 10 A.M. the next day. Has had no attack since till the present time. Recovered rapidly, lost twenty-five pounds in two weeks. Urine free from albumen. Took lactose for a week at a time twice a month. Within a month could take prolonged and active exercise without difficulty.

CASE No. 26.—Male, aged eighty-six years. Had attacks of pain over the region of the heart for several months. Saw him in March. Looked somewhat emaciated and sallow. Attacks came about once a week. Took lactose and was promptly relieved. Remained much improved for six months, then died of lung trouble.

SENILE GANGRENE

CASE No. 27.—Mar. 4, 1904. Female, aged sixty-five years. Irregular habits. Had gangrene, involving the great toe of right foot.

The great toe and three adjoining toes were gangrenous, the disease extending towards the heel and instep. The left foot was also involved, the great toe and two adjoining toes.

March 5, prescribed Tr. Ferri. Mur. gtt. x, three times a day; also lactose. Mar. 5, found the disease arrested, the foot changed in color, pain relieved. Evidently it had not progressed from the hour of taking the medicine. Continued to improve, the slough came away, and the wound healed rapidly. There was no return of the disease, and the patient died Aug. 31, 1908, from another cause.

Case No. 28.—Dec. 18, 1906. Female, aged eighty-two. Of nervous temperament. Both feet cold, of purplish red color; no pulsation in the left dorsalis pedis artery. Took lactose.

Dec. 20, both feet warm and natural color restored. Oct. 25, 1907, both feet cold, of purplish red color; no pulsation detected in either dorsalis pedis artery. Took lactose, color and warmth returned next day. Was well till Jan. 26, 1910.

Died from exhaustion after two weeks' illness. No symptoms indicating disease of any kind.

GOUT—RHEUMATIC

CASE No. 29.—October, 1899. Female, married, aged thirty-six years. Gouty hereditary taint. Enlarged joints of hands and feet, some dyspnea, urine showed some albumen, lessened phosphates, digestion impaired. Under the use of lactose the patient improved most rapidly. Dyspnea, swelling of joints, disappeared. Regained perfect health.

Had a slight return of dyspnea the following September which was soon relieved by lactose. Has remained in good health.

GOUT

CASE No. 30.—May 1, 1908. Female, aged fifty-seven years. Addicted to opium habit. Had mitral regurgitation, with dyspnea. Had large and distorted joints of the hands to a remarkable degree. The trouble in the joints began nineteen years before; gradually increased to the present time. After one week of the lactose the dyspnea and enlarged and

distorted joints of the hands decidedly improved. Had for many years rheumatism of the small joints. The most marked case of deformity I ever saw. Had dropsy of the extremities before death. Was very much benefited during the last year from the use of lactose. The swelling of the joints subsided very rapidly.

Was a bright, nervous child. Had dysmenorrhea when she began to menstruate and acquired the opium habit from taking the drug for the relief of menstrual pain.

INTERSTITIAL NEPHRITIS

Case No. 31.—The first case treated was a well-known gentleman, aged seventy-four, of rather extensive and diligent business habits. About Dec. 15, 1891, he began to suffer from dyspnea, insomnia, pain in the head, emaciation, diarrhea at times; pulse feeble, heart apparently enlarged, urine scanty, dark colored, slightly albuminous, complexion dusky; slight œdema and emphysema were present. For a considerable time during his illness a part of his diet had been eight ounces of milk

a day. The symptoms continued to increase in severity until February 12, 1892. They were then of a grave character, pulse rapid and feeble, dyspnea urgent. Only eight ounces of urine excreted in forty-eight hours; intellect dull, marked symptoms of coma impending. I believed that death would follow within three days. There had been frequent consultations and treatment had been varied. At 6 P.M., three doses, each containing cocaine gr. 1/6, lactose 40 gr., were ordered at 6 P.M., 12 midnight, and 6 A.M. When visited the next morning the improvement was surprising. The patient was bright and cheerful; had passed the most comfortable night for months. Said he was better after the second dose. The improvement continued and the recovery was rapid and nearly complete. He was in fair health for nearly nine months, when the symptoms returned, and he was only slightly benefited by repetition of lactose, and died in three months.

CASE No. 32.—The following case is, perhaps, nearly a typical one, both as regards its character and the results of the lactose

treatment: N. B., aged forty-two, a gentleman of considerable business interests, of rather slender build, had suffered for nearly a year with pain in the head, with intervals of relief; dyspeptic troubles, with diarrhea at times; as well as insomnia, restlessness, dyspnea, with or without exertion. Urine increased in quantity at times; no albumen. The symptoms gradually increased in severity until I saw him in April, 1893. His countenance was drawn. There was some emaciation and severe cephalgic pain. After six days of ordinary treatment, with no improvement, lactose was prescribed in 20-gr. doses, four times daily. Saw him three days after; there was marked change of countenance and relief was complete. Said he was better after the third dose. Six months after, he had an attack of La Grippe, and soon after that he had to endure severe and protracted mental strain. This was followed by some pain in the head for some time, but he has not been sick enough up to the present time to need medical advice.

Case No. 33.—The following case illustrates

the remarkable effects of lactose with heart complications and cirrhosis of the liver; C. M., aged fifty-five, merchant, came under my care in March, 1893, having suffered several years with dyspnea. A year before, general dropsy had been marked, but was relieved, except the abdominal, by hydrogogue cathartics. I found him with almost extreme abdominal and general dropsy, insomnia, marked dyspnea, restlessness, urine scanty, no albumen, and a very slow pulse, less than thirty. One medical gentleman found it twenty-six. It seemed it must soon stop altogether. He took diuretics and diuretin steadily for nine days with no improvement. Prescribed lactose 40 gr. every six hours, and found him in the morning, after third dose, decidedly improved, having had the best night in two months; was bright and cheerful. Treatment continued. General dropsy disappeared most rapidly. Urine not increased in quantity beyond normal. Abdominal dropsy remained. He had cirrhosis of the liver, and lived with some comfort for eight months and attended to his business. He passed out of

my hands. Paracentesis was performed and he died in twelve hours.

ARTERIO-SCLEROSIS

CASE No. 34.—Male, aged seventy-one years. Slender, habitually nervous, temperate habits; began to be entirely disabled. Dec. 19, 1899, arteries at temple and wrist markedly enlarged and atheromatous. Took lactose at times during 1900; failed gradually; died January, 1901. No head symptoms; mind clear till within three hours of death. Had a brother that two years later died of apoplexy. Did not have lactose treatment.

HYPOCHONDRIA

CASE No. 35.—August, 1909. Male, aged thirty-five years. Railroad employee; was hypochondriac; said he often had suicidal impulses. Had lost flesh. Treated him with small doses of mercury, followed by lactose. When treated with lactose he improved rapidly, gained in weight and strength, and was bright and cheerful.

CASE No. 36.—Male, aged twenty two. Was

hypochondriacal, with other nervous symptoms. Suicidal intents alarmed his friends. Admitted he had desires in that direction. Took lactose; was soon bright and cheerful. Got employment and was sent South in charge of important business interests.

LITHIASIS

Case No. 37.—Male, aged thirty-three. About six years had symptoms of what is termed Lithiasis. The urine was not examined for oxalic acid. Treated with lactose there was rapid and decided improvement.

ACNE PUNCTATA

Case No. 38.—Boy, aged thirteen years. October, 1906, had profuse acne eruption of the face. Had existed for six months. Was cured in two weeks with lactose.

CHOREA

Case No. 40.—April, 1912. Girl, aged eleven years. Had twitching of the muscles, begun six months before; gradually increased in severity until she could not sit

on a chair without sliding off. After taking small doses of mercurial for eight days, was treated with lactose. Was well in a week and has continued well to the present time.

Case No. 41.—April, 1912. Girl, aged five years. Had twitching of the muscles about five months, much like her sister, but somewhat more severe. In addition, she had stammering so as to be scarcely able to talk. Was treated in the same way as her sister; was quite well in a week after taking the lactose.

Case No. 42.—Mar. 28, 1908. Girl, aged eleven years. Had always been nervous and restless. Had symptoms of chorea; has a sister that had chorea for several years. Took lactose, was perfectly quiet in a few minutes, and remained so for half an hour, and for several days while under observation. Learned she was well three months later.

IRREGULAR TEETH

Case No. 43.—Mar. 15, 1913. Girl, aged fourteen years. On consulting a worthy and competent dentist, was declared to have in-

cipient decay in five teeth. An examination in July, showed that only three were decayed, and in September only one small, narrow cavity was noticed. That was filled.

CASE No. 44.—September, 1908. Female, aged seventeen years. Had suffered from attacks something like epilepsy; was irritable; had lateral curvature with awkward, stooping gait. Had very irregular teeth, the four lower incisors pointed; the upper ones had their sides fronting lower bicuspids, pointing inward. Took lactose; was under treatment at times for five years. Improvement most marked. All spinal deformities cured. Was vivacious and graceful in movement, teeth perfect as to soundness and color, with only enough irregularity to show they were natural.

COLOR OF HAIR RESTORED

CASE No. 45.—Feb. 16, 1912. Fifty-six years, married. Had dyspnea that had existed for several months. Hair nearly gray. Took lactose, dyspnea relieved promptly; hair turned to natural color in about six

weeks. Saw her in November, 1912; gray color of hair had returned. Took lactose and color returned within ten days.

NERVOUS

Case No. 46.—April, 1908. Girl, aged ten years. Had nervous symptoms; troublesome at home, restless at school. Was relieved at once by lactose, to the surprise of the teacher, who would not believe it was the result of the medicine. Have prescribed for her twice since. Had slight lateral curvature. Is a splendid scholar, well grown, and fine figure.

Case No. 47.—April, 1908. Girl. Had nervous symptoms, irritable and cross; very bright at school. Had lateral curvature. Took lactose, was very much relieved in three weeks. The curvature returned in six months. Was again relieved by lactose in seven minutes.

Case No. 48.—April, 1909. Boy, aged nine years. Nervous, restless; had marked, excited action. Had profuse sweating at night on upper half of the body. Much relieved at

once by lactose and permanently cured in three weeks.

CASE No. 49.—Sept. 11, 1911. Girl, aged four years. Nervous, irritable, restless. Did not sleep well. Had been a troublesome child since a baby. Took lactose, had a quiet night; was entirely relieved for a week while under observation. Was well when heard from several months afterward.

GOITRE

CASE No. 50.—October, 1908. Female, aged twenty-two years. Had leucorrhea, dysmenorrhea, lateral curvature. Goitre had become very large, increasing during the last two months. Irregular and notched teeth. Took lactose and in three days improved. In two weeks goitre was reduced to one-third of former size. Was nervous and irritable. Had been unable to attend school since thirteen years of age. Improved rapidly; was able to do night telephone work a year later. Has since been in excellent health, figure good, and all abnormal conditions cured.

Jan. 27, 1914. Saw her to-day; was suffering menstrual pain. Gave 40 gr. of lactose and was entirely relieved in one minute after swallowing the drug.

Case No. 51.—Dec. 15, 1908.—Female, aged thirty-eight years. Had goitre about as large as a small orange, painful on pressure; somewhat impaired breathing. Began just about three years before, and had grown more rapidly during the last year. Had always had leucorrhea. Took Hyd. sub. mur. in small doses for one week. Also took lactose, 50 gr. a day, for one week. Was better in two days, and goitre almost entirely disappeared in two weeks from beginning of treatment.

FIBROIDS

Case No. 52.—July 16, 1906. Female, aged twenty-four years. Had been sick for seven years with leucorrhea, dysmenorrhea, and menorrhagia. Almost entirely disabled; at home most of the time. Took lactose three times during the next month. All symptoms promptly disappeared. Menstruation nor-

mal. For a few days after taking the lactose the uterine discharge was very offensive. Has continued well to the present time.

CASE No. 53.—Aug. 17, 1906. Female, aged twenty-nine years. Had leucorrhea, dysmenorrhea, and menorrhagia for fifteen years. Has been in hospital and under medical treatment most of the time. In two months after taking lactose the change was most marked. All local symptoms had disappeared; uterine functions normal. Is entirely well at the present writing. The uterine discharge was very offensive for a few days after taking the lactose.

CASE No. 54.—Female, aged thirty-six years. Menstruated irregularly and has had leucorrhea since she was fourteen years old until eighteen months ago. Since then has profuse menorrhagia at menstrual periods, with leucorrhea between. Dec. 17, 1913, took lactose. Feb. 3, 1914, had menstruated normal at regular time. Jan. 10, no abnormal symptoms since. General condition decidedly improved.

DIFFICULT LABOR

CASE No. 55.—Sept. 7, 1899. Female, aged twenty-nine years. Difficult and protracted labor; used forceps. No lactose used. Second labor June 29, 1901. Gave lactose when the os was nearly dilated; child born in seventeen minutes. Third labor occurred June 5, 1902. Gave lactose when the os was nearly dilated. Child was born seven minutes later. Fourth labor occurred Aug. 20, 1907. Patient suffered from influenza during pregnancy. Took the lactose several times during pregnancy and also during the labor. The labor was of ordinary severity and duration. More protracted and severe than the last two labors. The child, apparently suffering from influenza, did not thrive. In a fifth labor the patient's general health was good. Took lactose. The labor was like the second and third; pains were light and labor short.

CASE No. 56.—June 30, 1901. Female, aged twenty-eight. After having finished case No. 55 at eleven A.M., June 29, was called at three A.M. to case No. 56 of labor. Heard her cries

when several hundred feet from the house. Labor had been severe for twenty-two hours. Os was dilated to a little larger than a dollar, but extremely hard. Gave fifty grains of lactose; in four minutes had two light pains; in five minutes more the child was born. The patient was quiet after taking the lactose.

Case No. 57.—July 16, 1903. An intellectual and educated woman, primipara. Had taken lactose three times during pregnancy. Took fifty grains at beginning of second stage of labor. Head delayed in pelvis, used forceps. Delivered in fifteen minutes. At no time during labor did the patient complain or appear to suffer pain. After traction on the forceps between pains was bright and cheerful. Admitted without being asked that she enjoyed the pregnancy and labor.

Case No. 58.—Female, aged thirty-five. Has had five children:

First born May 21, 1894.
Second born Sept. 16, 1900.
Third born Sept. 9, 1902.
Fourth born Dec. 16, 1904.
Fifth born Feb. 14, 1908.

The first labor was severe, two days; forceps were used. Second labor twenty minutes after second stage. Third, fourth, and fifth very short. All the labors except the first and last lactose was given. They were all short, pains light, and no suffering. The influence of the lactose given in the previous labors was supposed to have been felt in the last.

AFTER PAINS

Case No. 59.—September, 1906. Female, aged twenty-nine years. Got in labor, proceeded well until second stage, used forceps, and delivered in a few minutes. Did not take lactose until a few hours after labor. Next morning said "had severe pains until she took the medicine; was better right off."

Case No. 60.—May 23, 1908. Female, aged forty-four, tenth pregnancy. Always had severe after pains. The doctor who attended her in the three previous labors told me that he was obliged to give her three grains of morphia in each labor before the pains were subdued. Child born at 3 P.M. Gave lactose,

gave 1/8 of a grain of morphia as a placebo; next morning said she had only three light pains. Did not have any more.

VOMITING IN PREGNANCY

CASE No. 62.—Apr. 20, 1899. Female, aged eighteen years. Pregnant four months. Primipara. Had vomiting for six weeks. Was obliged to lie down most of the time. Saw her in the afternoon; prescribed lactose. Saw her next day at noon. Was eating heavily. Nausea did not return.

CASE No. 63.—Feb. 18, 1895. Female, aged forty-three. Pregnant three and one-half months; had vomiting so severe as to keep her in bed most of the time. Took only thirty grains of lactose a day. Vomiting relieved, but not so promptly as larger doses. During another pregnancy a year later she did not take the lactose. At the eighth month gave birth to a still-born child. (Do not know the cause.)

DYSMENORRHEA

CASE No. 65.—November, 1903. Female, married, aged twenty-six. For three years

had suffered most severe menstrual pain. At three successive menstrual periods it was necessary to give opiates for several days. Gave lactose for one week preceding the next period. Had no pain at that period and for one and a half years following. Then had a slight return of the pain, which was promptly relieved by the lactose. The first case of dysmenorrhea treated with lactose.

Case No. 66.—Female, aged twenty-six years. Was disabled from work by dysmenorrhea, and was lame from a sunken instep. Had a steel sole in her shoe. Removed the shoe, gave lactose; was well enough in two weeks to go to a dance and dance two hours. Has been well to the present time, Jan. 30, 1914.

Case No. 67.—Dec. 20, 1909. Female, aged twenty-two years. Was suffering from severe menstrual pain. Took twenty-four grains of lactose; was entirely relieved in five minutes. Took lactose three times in five months. Was entirely free from pain for two years afterward. Menstrual pains gradually increased in severity, until at present

writing are quite as bad as at first. Jan. 30, 1914. Three teeth were decayed when she first took lactose. None have been affected since.

CASE No. 68.—Oct. 28, 1899. Female, aged thirty-two years. Full habit. Pregnant primipara; child born Jan. 30, 1900. Took the lactose at the seventh month. Her mother died of puerperal convulsions at her birth. Urine slightly albuminous. Had symptoms that caused apprehension of convulsions. Took lactose twice before labor. Labor was safe and comparatively easy.

CASE No. 69.—Jan. 15, 1900. Female, aged thirty-four years. Primipara. Had marked premonitory symptoms of convulsions before labor. Was called during the labor to use forceps. The head was in the lower strait. My recollection is that lactose was prescribed, but am not certain. Prepared to use forceps, then found that the labor had progressed so that I did not use forceps, and the child was born soon. Took lactose soon after labor; slept well during the night and next morning had an abundant flow of milk.

Aug. 27, 1902, after an easy labor, had a strong, vigorous child. The first child has not thrived; is affected with decided nervous symptoms.

Case No. 70.—Female, aged thirty-seven years. About February, 1899, I attended her at birth of a dead child (fourth pregnancy). She had then marked dropsy.

Jan. 2, 1900, attended by another doctor, she had convulsions, not very severe, and was treated with lactose. Was relieved, and on May 20, 1900, was delivered of a healthy, vigorous child.

PARALYSIS AGITANS

Case No. 71.—Feb. 6. Mr. E., aged seventy-four years. Farmer; moderate drinker. Had quite violent shaking of the left hand, an unsteadiness of gait in walking. Had quite severe pain in the left arm and right leg. Alteration of voice. The symptoms had existed for eighteen months. Took lactose Feb. 9; said he was much better. Voice and walk improved. Pain in arm and leg entirely relieved the next morning after taking the lac-

tose. The shaking of the hand was less severe.

Feb. 23, 1914. Have seen him several times since last date. All symptoms of the disease have disappeared except a slight shaking of the hand at times. Has taken lactose twice only during the treatment. Mar. 4, 1914, is as well at this date as before disease began, excepting his additional age and a slight shaking of the left hand at times.

LOCOMOTOR ATAXIA

Case No. 72.—Tuesday, Nov. 26, 1907. Woodward, aged forty-three, widower, carpenter. First had symptoms seven years ago. Has two brothers and three sisters; one is in lunatic asylum and another has been in hospital twice, and has been operated upon for some uterine trouble.

Had first numbness of lower extremities, then began to have impaired sensibility, and for the last five years has had complete loss of sensation of the lower extremities. During all that time has used crutches, has the slumping tread, and has to watch both feet in walk-

ing. Had for a few years sharp pains occurring at intervals of about a month, but for the last five months has been free. Vision impaired, pupils slightly dilated. Bladder and bowels not impaired. No marked impairment of sexual power. Mental faculties good. Conjunctiva not ejected. No signs of fever or disordered health.

Nov. 26, 4 P.M. Took 60 grains lactose. In two minutes felt peculiar sensation in right side of face; ten minutes later, peculiar sensation in toes of right foot; three minutes later, was in the instep, and continued to extend up the limb at the rate of about one inch a minute until it reached the middle third of the thigh. Sensation at nearly the same time returned in a modified degree to the same point soon after.

About thirty minutes after swallowing the lactose, sensation began in the left leg and reached the ankle. Walked better. Did not stamp the foot so hard; said he had only to watch one foot.

Nov. 27, 1907, 11 A.M. Learned only this morning that the patient had during the day

before pains in the left knee. They had become very severe during the night. There was also distress in the left hand. The sensation was the same as the night before. In the right foot, leg, and thigh, and to some extent in the gluteal region and the whole extent of the sciatic nerve. But the right femoral nerve was not affected. There being symptoms of what was regarded as influenza present, the patient was put on small doses of Hyd. Sub. Mur. for two days.

Nov. 30, 1907. Patient slept well during the night; distressing symptoms were relieved twenty-four hours after taking the Sub. Murate. Condition of the lower limbs much the same as two days before, except there was slight sensation in the lower middle third of the left leg over the femoral nerve. Sixty grains of lactose was given. In a few minutes sensation improved or began in both limbs, and the next half-hour more improvement in the right sciatic, it extending over whole course of the left femoral up to the middle of the thigh. In the left sciatic it extended to the middle of the leg. The right

femoral showed slight sensation to the middle of the leg. He *walked* better with crutches, not stamping so hard. For the first time in five years he could walk looking straight ahead, not seeing either foot.

Dec. 1, 1907. 120 grs. have been taken since last visit: 30 at 7 P.M., 30 at 7 A.M., and 30 at noon to-day. Patient has slept well and improved sensation in the nerves of both legs. In the whole course of the right sciatic the sensation seemed almost complete. The *right femoral* was sensitive to the middle of the thigh, but not very marked.

The left femoral was improved during its whole course, but the *left sciatic* was sensitive only to the knee. (Has always eaten heartily.) He could walk without looking at his legs. He spoke of his right leg "walking" when he walked. If he exercised moderately he became dizzy and had to sit down. (The "wabbling" of the right leg was thought to be due to the difference in the degree of sensibility of the right sciatic and the right femoral.)

Dec. 2, 1907, 12 M. Has taken 90 grs. of

lactose in the past twenty-four hours. *Sensibility* now extends to every part supplied by the sciatic and femoral nerves of both legs. Sensation is most decided in the right sciatic and in a less degree in the other nerves according to the time the sensitiveness began. Had a "dizzy spell" lasting about ten minutes (with crutches), walks well, treads more lightly with the right foot than the left. Walks a few steps with crutches, but very unsteady. Has had no more wabbling of either leg. Has pain in the "eyeballs," vision still impaired, pain still continues in the back. Has still numbness of the limbs. Accompanying the return of sensibility from the beginning there has been a tingling sensation which was the first symptom, and has continued to the present time.

Dec. 3, 1907, M. Has had no lactose for the last twenty-four hours. Walks well (with crutches), with very slight stamping of the right foot, but more decided, yet improving in the left foot. Took a few steps (with crutches), but was quite unsteady. The pain

in the back, pain in the eyes, and impairment of vision the same as yesterday.

He has what he calls a curious and not unpleasant sensation in the bottom of the right foot that has come on to-day. He does not know how to describe it. Appetite is diminishing.

Since the last date the notes on the history of the case have been lost. The facts of the case are that treatment was stopped soon after last date. Improvement continued until sensation was restored, but motion only partially. Improvement continued for six months, then with further treatment symptoms began to return. Mental derangement occurred, attempted suicide, and died a year and a half after lactose treatment began.

ATAXIA

The following case, a patient of Dr. Neal, then of New York City, I saw in consultation. Full notes of the case were taken at the time. The doctor has since removed to Detroit, Mich. I have tried to get the notes,

or an abstract, but have failed. What follows is my recollection.

About October, 1909, first saw the patient, a man aged forty-five, a standing occupation most of the time. Had irregular motion of the lower limbs, mostly in the right. Pain in the lower limbs and thighs. He had most of the symptoms of beginning the treatment the night before, was very much improved. Went to work in about three weeks. Saw him again three months later. He had a return to a partial degree of ataxic symptoms. Had symptoms of influenza, which were relieved in two weeks. Influence of lactose returned and he returned to work. Continued at work a year after first taking the lactose. Was almost, if not quite, well. Know nothing of the case later.

SPASMATIC ASTHMA

A matter of especial interest in asthma is the difficulty of diagnosticating between spasmatic asthma and emphysema in some cases. Asthma is promptly relieved by lactose, but emphysema is not.

Asthma, after existing a longer or shorter time, is apt to become emphysema. In emphysema there is an alteration of structure. The air cells become permanently dilated. It thus illustrates one of the prominent characteristics of this class of diseases, that there is no alteration of structure unless secondary.

Since writing the above, the developments of case No. 5 seem to show that emphysema, unless well advanced, may, by diligent treatment, become permanently relieved. But it does not weaken the idea of secondary disease.

The interest of case No. 6 is that the continuous use of lactose from the shops is not injurious.

Case No. 15 shows the remarkable rapidity with which the desire for drink is cured, and that to its full extent, the patient being cheerful and vigorous, with no feeling of relaxation or debility.

All the reported cases of organic heart disease were persons of rather full figure.

Case No. 53 shows the length of time,

after taking lactose one week, that its effects will continue.

SPINAL CURVATURE

Of the many diseases and diseased conditions of which lactose is a remedy, the different curvatures of the vertebral column are the most unexpected, most common, and the most striking. The fact that the deformity is so readily overcome by the same medication and treatment as the other diseases places it without doubt in the same class.

A principal of a public school of many hundred scholars (who was himself affected, and was interested and had observed the disease for more than thirty years) declared that more than twenty-five per cent of the children that had come under his care were affected. Though surprised at first, I have found by subsequent experience and observation that the statement is not far from the truth.

From an examination of many thousand pupils in the public schools of New York City, it was found that eleven per cent were

affected, and of those affected, seventy-five per cent were girls.

I believe the disease is most prevalent outside of the large cities. In a large portion of the cases the deformity is apparent but not marked. In all cases treatment is desirable.

The time required to effect a cure of the disease is about five weeks. Amount of curvature, age, and time the disease has existed may lengthen or slightly shorten the time. The time would be shortened in women but for the abominable use of the corset.

All cases under middle age yield readily to treatment. Cases in which the dorsal curvature is lessened, causing projection of the sternum forward (pigeon-breasted), in two cases showed satisfactory improvement for the short time they were treated.

There is no other diseased condition among the many affections of which lactose is a remedy that so greatly improves the personal appearance. The increased height is always noticeable, from one inch to several

inches, as the deformity varies. The figure is more erect and graceful.

To explain the etiology of these cases will not be attempted, but suggestions may be proper. In most, if not all, of these cases the capacity of the thorax is lessened. The vertebral column is curved. Hence, as elsewhere stated, the administration of lactose, while it oxydizes the blood, expands the thorax. Just as perhaps many years before the thorax has become contracted, so now under the use of lactose this contraction is overcome and the vertebral column resumes its natural position.

The foregoing cases have symptoms that should cause them to be designated as belonging in the list already noticed.

REMARKS

Among the many interesting features of this class of diseases is their history. The nations of the world, during the most enlightened period of their existence, for many centuries before the Christian Era, had these diseases among them. They became more

prevalent as the nations became more enlightened, until through effeminacy they were overcome by the physical power of less civilized nations. As in the past, so now those peoples and nations showing the highest degree of intelligence and wealth, through habits of living, suffer by far to the greater extent by these diseases. The most serious feature is that they have been greatly on the increase, until now they may justly be considered the penalty of the intelligent and intellectual of the white race, the world around.

They occur most frequently in the white race, less frequently in the yellow and brown, until they are almost absent in the black. In estimating the danger from these diseases, many wise men further declare that through the impairment of the moral and social, they indirectly imperil the political conditions of the most intelligent of the white race. That the warning of danger is not without reason is shown by the fact that our national and many of our state legislatures are stirred to the extent of legislating to increase the immigration of more moral physical vigor.

It is doubtful if legislation is prompted by, or that medical men fully realize, the number and character of these diseases. The class of persons that in former years occupied the institutions that we called "Lunatic Asylums," now called "Sanatariums" and "State Hospitals," is immense, and far outnumbers those in hospitals for diseases not of a nervous character. It is believed, and it may be shown, that by far the larger part of the inmates of the institutions mentioned are afflicted with the diseases we propose to consider.

The prominent fact established in the reported cases is a remedy for many diseases and diseased conditions. Among the symptoms of these diseases is that they have "no alteration of structure, unless secondary." In view of that fact, it will be admitted that all of these diseases have a tangible alteration of structure.

It would seem like a bold and courageous work to prove that there is another cause back of the so-called "secondary" cause. Heredity may be traced in most of these

cases, and I would place even this as secondary. It is claimed that the symptoms of the diseases begin often enough in infancy. The reports of cases do not show it very clearly, for the reason that this feature of the disease did not come in mind. It has been a habit when treating these cases to learn their history, and I have learned enough to enable me to assert most positively that they occur with sufficient frequency in infancy. Further proof of this view may be given, if necessary. The symptoms of these diseases are more in evidence from early childhood to puberty, when thickening of the arteries may be noticed. I have seen it as early as eight years, more frequent at puberty, and a prominent symptom afterward.

The presence of disease of the heart and arteries after puberty occurs with increased frequency to old age, when the occurrence of atheroma places them in a class of diseases in which there is a change of structure, beyond the lactose class, and incurable.

The purport of the last is not true. The word incurable must be dropped or greatly

modified. Finding that many cases of advanced heart disease, with atheroma in the arteries and on the valves, where only improvement was expected, not only continued to improve but lived many years and finally died of some other disease. This result was not expected, since it was not believed that the hardened atheroma of the valves and arteries in advanced heart disease could be acted upon by the lactose.

Having under treatment two cases, one of aneurism of the arch, the other with advanced heart disease with hypertrophy and atheroma of the arteries, obstruction of the bicuspid, and regurgitation of the mitral; both cases improved under use of lactose. The arteries at the wrist were not so hard and the heart sounds were softer.

With these facts in mind and all the other cases of arterial disease that were treated with lactose, the conclusion is not a possibility or probability, but a certainty, that the atheroma of the arteries and valves of the heart that are hard after death are soft before death. Being impressed with the fact

of the improvement of advanced heart disease with atheroma, the impression in some way grew that atheroma might be in a softer condition before than after death. A search of authorities at hand and the aid of a competent medical man in the city failed to find anything on the subject.

The beneficial effect of the lactose on the arteries and valves of the heart in removing the atheroma enforces the conviction that the same remedy would be equally effective in removing the atheroma from the arteries of the brain. To enforce this conviction, I would say that for more than twenty years, having in the meantime used lactose continually, I do not recall having had a patient affected with paralysis or die with apoplexy that had been fairly treated with lactose.

It is not necessary to direct the attention of a medical man to the immense importance of a remedy for the atheromatous arteries of the brain. A regrettable fact is that we have no direct means of ascertaining the degree of improvement that may be going on in the cerebral arteries. There is little doubt but

that time, experience, and general improvement of the circulatory system ought to, and does, afford a sufficient indication that substantial improvement is also going on in the arteries of the brain.

Interstitial nephritis is interesting as being a disease in which the arteries are a most inconspicuous cause. Pathologists admit that the primary cause of the disease is in the secretory portion of the kidney.

It may be noticed in tracing the similarity of symptoms in the diseases from infancy to old age that the change began in early childhood, in the arteries; it continued to advanced chronic heart disease. It is not until near middle age that symptoms develop that may be traceable to the arteries. Then we have a group of diseases, with chronic heart diseases at one end (the most conspicuous), and interstitial nephritis (the least conspicuous as to cause), at the other end. Both are alike conspicuous for their frequency of occurrence and uniform fatality.

It is plain that the other diseases of the group in which the arteries appear to be the

direct cause should be placed with those cases already considered. One main object in giving diseases of the arteries so much attention is to show that disease of the cerebral arteries belongs in the list of other diseases and that it is amenable to the same treatment.

Now the whole list can be considered as a whole. All or nearly all of the cases on the list have symptoms, as many as ten, more or less, of diseases or diseased conditions that have names. But only one, probably the most prominent, is here recognized and described. At the same time, a symptom noticed may be fully described in another case as an illustration.

A few years ago, after the interest in the microbe and the neuron diseases began to wane, I attempted to ascertain the number of diseases that had their peculiar microbe. I also tried to learn what diseases were considered as belonging to the neuronic class. In both cases my efforts were not very successful, mainly for the reason that a thorough search was not available or else neglected. It is shown that a list of the neuronic

diseases has not been adopted by the principal neurological organizations of the country.

A better knowledge and larger experience in the cases, and a closer observation of many facts in the treatment, induced the belief that they were decidedly different in character, scope, and importance than at first supposed. One remedy, and that almost a specific equally efficient in all, of the widest scope and tangibility; that the hospital, dead-house, and the laboratory have failed to make appreciable to any of the senses. More might be said to show that there is a cause of the diseases that have been termed secondary, and that cause is mental. A designation indicating the absence of a peculiar germ may be disproved hereafter. To designate them as originating in the neuron of the brain would be a misnomer, as it has not been shown to have originated there.

Here a pertinent question may be asked: What is the mind? I would suggest to the sceptic that he must not press the inquiry too far, lest he meet the discomfiture of the

savants of more than a hundred years ago who asked the famous question:

"Quis est febris?"

DISEASES OF WOMEN

The diseases already considered (excepting alcoholism and its effects) probably occur with equal frequency in both sexes. But when the diseases of women and the diseases of pregnancy are added, the number of persons having diseases amenable to lactose among men are outnumbered probably several times more by diseases of the opposite sex. To dismiss these diseases without further consideration would show that a proper impression of their importance was lacking. It must not be forgotten that for ten days each month there is suffering, and for the twenty days there is suffering to a less degree. This continues month after month, year after year of what ought to be the most enjoyable period of their lives instead of one of suffering, from puberty to menopause. Many die of other diseases of the class. I have no statistics at hand, but from the best

information obtained, almost all female patients of our Asylums and Sanitariums are or have been afflicted with these diseases.

Excepting diseases of pregnancy, by far the most frequent is dysmenorrhea. Most commonly one or more and sometimes all of these diseases (excepting amenorrhea) may accompany dysmenorrhea, and that disease be the leading feature. But, more or less, it makes but little difference in the treatment. The taking of lactose produces the same promptness and permanency of effect that it has in other diseases of its class. In dysmenorrhea, the first menstrual period after taking the lactose, the premonitory symptoms may be absent, the time of the pain short but severe, and no abnormal symptoms afterwards. The next menstrual periods may be expected to be normal. Pregnancy frequently occurs in these cases after being treated with lactose.

The class of girls who have these nervous symptoms that are benefited by the use of lactose: With them menstruation is apt to begin too early and in that way increase the

tendency to these diseases that so often cause a life of suffering. As a rule, in these cases judicious treatment with lactose will defer for two years or more the appearance of menses. In the meantime the patient will greatly improve physically, mentally, and in general appearance.

Having met with several cases that under the use of lactose the menstrual period was deferred two to four years beyond the usual time, with fine appearance and perfect health to the patient, it is suggested if it would not be profitable to have the question of the menses restudied.

PREGNANCY

The reported cases of pregnancy and labor are selected to represent most of the diseases met with in practice. Except in abnormal conditions, the intelligent adminstration of lactose leaves nothing to be desired as a remedy. No hemorrhage, convulsion, or other post-partum troubles are met with. The child is always strong and vigorous and premature labor can be avoided. That lacta-

tion is improved under the use of lactose is quite clear, but to what extent I am unable to say. After a rather large midwifery experience, I do not feel quite competent to give a good reason for the absence or diminished flow of milk.

Another condition in pregnancy that is very gratifying to the pregnant woman is that there are no signs of pregnancy until about the fifth month, when the uterus rises out of the pelvis, and then it is the only sign. The clearness of the complexion remaining to the end. Pregnancy and labor, as here presented, under intelligent medical directions is not of anxiety, pain, suffering, and danger, but a safe and often enjoyable physiological function. The only other matter of concern is simply that of convenience.

Lactose has a curative effect on the organs of generation. It is not an excitant nor stimulant.

ETIOLOGY

In the etiology of these diseases, the most prominent cause is heredity. Perhaps the next most important cause is the pernicious

habit of friends and relatives; mainly for their amusement, they excite the already excessive nervous symptoms of the child, causing restlessness, irritability, and loss of sufficient sleep. Later, the child, feeling the need of a nervous sedative, is permitted to use tea, then coffee, until at the age of puberty the boy may take to tobacco. All these are narcotics with only a difference of degree. While still in their "teens," alcohol is added to tobacco. Then the history is well known.

To the girl the force of social influence and a natural repugnance to the use of tobacco and spirituous liquors induces a continuous use of the milder narcotics. Another danger is present to them when adolescence, occurring too early, accompanied with the usual diseases of women, the effect is apt to be that they become wayward, and whatever their station in life, occupation, or business, mental ability is a prominent characteristic. This fact is not refuted by the lives of prominent women in history since the days of Semiramis.

PROPHYLAXIS

The relation of lactose to disease has been considered mainly as it occurs in adults, and when the diseased conditions are fully developed.

Heretofore diagnosis has been the "watchword." Although the value of diagnosis may not be lessened, yet now and hereafter prophylaxis will be the palladium of the profession. The value of lactose as a remedy, as has been pointed out, is very great, but as a prophylaxis its value is infinitely greater.

Almost all of the symptoms that effect adults may be traced to early life, and even to infancy. At least enough of the symptoms may be traced to infancy to prognosticate the suffering in the adult. There is scant necessity to dwell on these symptoms. The experienced practitioner will readily recognize them.

The diseases of children are doubly dangerous and most frequent with them. Often they are unable to attend school, or it is irregular and interrupted. Under the use of

lactose they promptly become quiet, docile, and diligent. That these results may be obtained by treatment is especially gratifying from the fact that they are the brightest members of their class and become the ablest and most useful of the human race.

The danger in diseases of children is greatly increased when heredity and other symptoms of the nervous diseases are present.

I have no authority for the statement further than experience of thirty years ago. When the intestinal disorders and the contagious diseases of children in this country occurred with three times the frequency they have occurred since, it is believed that mortality would be nearly one-half greater because of the diseases we are now considering. Not only in childhood, but, to a less extent, later in life, these nervous conditions are always a menace.

In this era of medical prophylaxis other remarks may be justifiable. Every practitioner knows how difficult it is to make a patient submit to treatment unless he feels the necessity.

In those cases in which treatment is permitted he can prescribe with better results and prognosticate with greater accuracy.

The idea is here advanced of the great importance of the arteries from early life. If to this could be added a knowledge as to an alteration of structure without resort to subjective symptoms. Objective or subjective symptoms: the phrase (I do not recall the author), "A man is old according to his arteries," would be wiser than he knew. He probably never believed the phrase would have so broad a significance.

By far the most prominent physiological effect of lactose is its unparalleled rapidity of action. No drug except some deadly poison is so rapid when taken into the stomach. Another physiological effect is that it increases the phosphates in the urine. Twenty years ago I investigated this property of lactose, but I did not learn then, and I do not know now, that this property belongs to any other drug. I then supposed that the relief of symptoms in these diseases was caused by the excretion of the phosphates. I soon found

that the excretion was too slow to account for the extremely rapid action of the lactose.*

In all the cases there was noticed in one minute, seldom more than five, an arterialization of the blood, first in the face, afterward by expansion of the thorax, slight increase in volume of pulse and somewhat softer. A little later there is increased warmth of hands and feet. These conditions may be noticed for several weeks even after a single small dose of lactose.

The effect of lactose is apparently the same as oxygen gas. The gas has been shown to have the same effect as lactose in morning sickness. In nearly all the cases the remedy was given in two drachms or less a day, and then not more than once a month, and repeated not more than three or four times.

The expanding of the thorax carries the head and shoulders backward. The anterior and posterior diameter of the true ribs are more prominent; at the same time, the tension of the rectus abdominal muscle becomes more tense, thereby lessening the prominence of

* N. J. State Medical Soc. Trans., 1894.

the anterior abdominal wall. The antero-posterior diameter is less and the lateral diameter of the abdomen slightly more. The mammary gland is larger and harder. Sometimes this is more apparent than real. The head and shoulders being thrown back and the thorax expanded may make the gland seem harder and a little more prominent. The complexion being clearer. After the age of twenty-two years, the apparent age is one year less for every five years of the real age. In nearly all cases there is slight exhilaration.

HAIR

An increased, rapid, and vigorous growth of the hair is always present after the usual treatment in these cases. The dandruff is promptly removed; the hair that usually recedes from the forehead before the age of twenty years will be more or less completely restored according to age.

Past middle life, the thinning out on the scalp, unless the baldness has become complete, will be restored to a great extent, even to advanced life. The natural color will be

restored according to age and extent, as referred to in other conditions. All these improved conditions of the hair, as just referred to, are to be understood as belonging to men. In women all these conditions are not so marked and they appear more amenable to treatment.

There is a vigorous growth and fine gloss of the hair; the eyebrows are somewhat heavier and longer; the growth will be renewed on the forehead to the point it was before the age of twenty.

The prompt return of the hair to its natural color in women is interesting and instructive. In one day after taking the lactose, under favorable conditions as to light, a change in the color of the hair may be noticed, and, in most cases, within two weeks the gray hairs will have almost faded away.

This gives some color to the stories of the hair turning gray in one night.

TEETH

One of the unexpected and most gratifying effects of lactose is its action on the teeth.

That the teeth will become more regular and whiter will be insisted on. That lactose will prevent decay is almost certain. That it will not only prevent but cure decay is quite probable. Case No. 43 seems to prove it. Decay in the earliest stage is likely to be more successful. It is not realized by the unprofessional nor fully realized by the profession the decided improvement the use of lactose has on the teeth. A face without deformity under middle age, with a full set of irregular teeth, under the use of lactose can hardly fail to make an attractive face.

VOICE

Voice improvement is an important diseased condition that is of so frequent occurrence that it may almost be considered as a physiological effect of lactose. Cases enough have been noticed in which the voice tested before and after taking the lactose, the improvement began with the prompt and efficient manner that has been noticed in other cases. One case, a lady past forty years of age, who had been a fine singer, declared ten minutes after

taking the lactose that her voice was better in quality and volume than it had been in fifteen years.

The diseases or diseased conditions just noticed, although not so important to the general health, are of much importance in the personal appearance of the individual. They all have more or less of the symptoms belonging to the class for which lactose is a most efficient remedy.

LACTOSE AND FORMULA

I am not aware of the time when lactose was first supposed to have been used as a medicine. There is reason to believe that some of its medicinal properties were known by pastoral peoples before the Christian Era. A Russian chemist, about seventy years ago, discovered that it was composed of two ingredients; one compound of six-sided crystals that we now call galactose, and another substance that has not been given a name. Later an analysis by Pasteur produced the same results. I obtained two specimens of galactose from two chemical firms, one in Ger-

many, the other in this country. I was informed the process of making the galactose was troublesome and costly.

I found that the active principle of the lactose was in the galactose. The galactose apparently had the same medicinal effect as the lactose and also about one-third was necessary to produce the same effect. Like the lactose, it was liable to deterioration. Lactose is also affected by odors. Only enough of the galactose was used to show its active principle. For more than ten years after beginning the use of lactose I found it very unreliable as a remedy; most of the time it was worthless.

Except deterioration, lactose has no objectionable feature as a drug. I have not seen or heard that any observer in the last twenty years had noticed any of the remedial qualities that are here described. Looking back twenty-five years from twenty years ago, I noticed but two instances in which lactose as a remedy was noticed; both observers gave it in large doses and only noted its diuretic effect. One of the observers already mentioned

(Zavadskie), in recommending that it be given in a "quantity of milk," inadvertently voiced a sentiment of the profession that, I believe, has prevented the use of lactose as a remedy. Knowing well that milk contained five per cent of lactose in combination, it seems not to have occurred to any one that its therapeutic action could be different in a free state. For the last fifteen years ninety per cent of the lactose used in this country has been obtained from a trust company. All of this lactose is made in a vacuum. I have obtained it direct from the manufacturers for ten years.*

Reliable commercial lactose having been easily attainable, it is surprising that the value of lactose as a remedy has been overlooked. It may be given in tablet or capsule form, from sealed bottles, and kept cool. It seems that two-thirds of one per cent Carboligni has a preservative effect. That made in warm weather is more apt to deteriorate.

* In order to avoid the trouble of answering inquiries, I would say that I have obtained all the lactose I have used the last ten years from Charles Killgore, 82-84 Fulton Street, New York.

The following is a working formula for making lactose from milk that can be prepared by any intelligent druggist. It is quite as efficient, and only one-third the quantity is needed as is used of the commercial product; only enough of it was used to show its medicinal effect, the commercial product being more convenient.

Lactose as a remedy is not like many others that by frequent use a tolerance is acquired. On the contrary, the more frequent the indications for its use occur the more prompt and efficient the remedy. The indications come farther apart, and sooner or later the patient is cured.

FORMULA FOR MAKING LACTOSE *

By Herbert S. Hitchcock, Boonton, N. J.

Milk	Pts.	4
Acetic Acid Dil. 10%	Oz.	1
White of Egg		1

Place the milk in a double boiler, add the acetic acid, stirring well. Bring the water in the outside boiler nearly to a boil. Allow the milk to cool, then strain through a

* I am indebted to Herbert S. Hitchcock of Boonton, N. J., for the above working formula devised from suggestions furnished by F. D. Crane, Ph.D., Montclair, N. J.

cloth, squeezing the precipitated casein dry. Reject the casein.

To the liquid, add the white of egg thoroughly beaten, and mix well and pour back into the double boiler.

To the water in the outside boiler, add a double handful of salt. Bring the salt water to a vigorous boil. The liquid in the inner vessel should boil or nearly so. In about ten minutes remove the liquid and allow it to cool.

Now pour through a fine strainer with care and allow it to drain by gravity only, do not squeeze. If the resulting filtrate is slightly turbid it should be filtered through paper or cotton. Evaporate the filtrate at a very gentle heat on a sand-bath. If turpidity appears at once on heating, the treatment with white of an egg must be repeated, taking care to have the salt water boiling very hard.

Toward the last of the evaporation a turpidity will appear which is simply the milk sugar beginning to come out, and at this point the product should be stirred until it is dry.

DRAWBACKS

Lactose has its drawbacks that impair its efficiency, but they are of a character that can be overcome. In all the diseases here mentioned, the work of overcoming these drawbacks will give abundant occupation to a large number of intelligent medical men. The patient will know that his disease can be cured, and will demand it of his physician.

It being claimed that lactose is a mind remedy, influences that bear heavily upon the mental faculties would naturally impair the

action of a mental remedy. Mental strain, severe mental labor, worry, excitement, emotions of different kinds may all impair the action of lactose. It must be remembered it does not destroy it, but only impairs its action. In proportion as these mental influences are protracted or severe, to the same extent should the remedy be used more frequently.

Another feature may be noticed. In any case, while under the influence of the remedy, should another disease occur to destroy its effect, on the relief from the intercurrent disease, the lactose would often resume its peculiar influence without any further resort to the drug.

Another condition that modifies the action of lactose is the most important and requires a degree of skill that will tend to place it above the ability of the charlatan to treat successfully. A drawback is some intercurrent or acute disease. By far the most common and important is influenza or some of its very many vagaries or sequences.

They may impair or suspend for a time

the therapeutic action of lactose. The profession, as a rule, is far from realising the widespread influence of influenza. A few words right here in regard to the impaired action of lactose by influenza may show that while it is not of very serious import to the action, lactose may yet be of great value in diagnosticating the many vagaries of influenza.

It is useless longer to ignore the fact that the medical man is too often sadly at sea in his diagnosis of diseases. A generation ago the older practitioner may recall that very rarely would cases occur in which they could make only a partial diagnosis, but since that time it is mortifying to confess how often we have been in perfect doubt.

The important bearing of lactose in the above view is that the presence of La Grippe in the system is obscure. Lactose, when free to act, is as near as possible a specific. Influenza is more or less antagonistic to the action of lactose, and is the most obscure and common cause of impaired action of the drug. Hence the reference in this to the value of

lactose in the diagnosis of influenza is fair and plain. The condition just stated may be explained by assuming the obvious fact that there is a new element in disease. It is systemic, with local manifestations in any organ or tissue of the body. In proportion as it attacks an organ or tissue of the body it simulates the symptoms of diseases of that locality; but almost never to the extent of justifying a diagnosis of disease of that locality. Hence a diagnosis of disease of an organ or tissue is made when there is a systemic poison only. A little thought will show the far-reaching effects of influenza.

This systemic poison is influenza, or La Grippe. It is only by adopting this view as a premise that the unfortunate condition of the profession may be relieved.

A further consideration of the view just stated may be in place. The regrettable fact as to the diagnostic uncertainty existing in the profession still remains, although time enough has elapsed to present a solution. It has not come to the author's notice that this has been done. The view stated above

is simple and does explain it. As a sequence to the above view (and it is not intended to excite any distinction between any class of practitioners) that very many of the older general practitioners recognize this condition, and not a few endorse the explanation above given.

It is a notable fact that the youngest practitioner is the greatest sufferer. His frequent lament is that "The books do not help me." The books of seventy years ago may help him!

The seemingly disparaging reference to the profession regarding the extensive influence of influenza, or remarks that may be made elsewhere, are not prompted by unworthy motives.

A lifetime spent in endeavors to adhere to and defend the ethics and honor of the profession is presumptive proof of a desire to elevate rather than lower the status of the profession.

It is a natural inference from the foregoing that the vagaries of influenza are very many. When fully recognized it may prove

to be the greatest scourge that ever visited this country and the enlightened nations of the world for centuries. Enlightened nations, induces the remark that must have been noticed, that influenza as here designated is most common among the "brain workers," and on the other hand, the favorite haunt of influenza is not in the home of the "man that carries the dinner pail."

END OF DRAWBACKS

It is not expected that exception will be taken as to the incompleteness of the cases. It would be a confession on the part of the medical man that his patients are few, for with a very few cases in a few hours he could tell the truth or falsity of the views here set forth. Neither is it necessary to report more cases. The large number of diseases and the very frequent occurrence renders it unnecessary to report more than a few to notice the various phases of the diseases spoken of.

If it should appear that the remedy was ineffectual in one or more cases it would not affect the medical principle advanced. It is

not like the simile of a chain; strong only as to its weakest link. A better comparison would be that of a rope. Each disease is a strand in the rope in itself, so that the medical principle is a rope composed of forty ropes. Break a few, it is still a rope. Break ten or twenty, it is still a rope. The last strand must be broken before the medical structure falls.

Galactose and other products of milk should have further investigation. It is more than probable that other products of milk have properties similar to lactose. In speaking of the discovery of galactose, "another substance" was mentioned. I have never heard that substance had been investigated.

In mind diseases and psychology the dividing lines are not far apart; one relates to the mind in a natural state, the other in a diseased. Psychology and mind diseases may be a profitable theme for investigation.

Since it is claimed that proof has been given that there is one disease and one remedy, with many tangible local manifestations, it might be of great interest to know why

there should be so many different local manifestations from one disease. These and many other facts might be profitable for investigation.

As the matter now stands, it is not unlike the diamond in the rough. It has fallen to the lot of the author to be the finder and prove its value; but it needs the ability of the accomplished scientist to show its true brilliancy. In recalling the faults and delays of this publication, it may be a matter of regret that the task has not fallen to the lot of one more competent.

My greatest enjoyment has been the practice of medicine. The general practitioner of medicine is not given to the production of medical literature; but chagrin is softened by the fact that if the paper published by the author in 1894 * had received the attention its importance deserved, the profession would have had the benefit of the facts here presented many years ago.

The object for which this paper has been written has been obtained. For scores of dis-

* N. J. State Medical Soc. Trans., 1894.

eases and diseased conditions an almost specific remedy has been found. The case has been proven.

CONCLUSION

The question may be asked here whether it would be judicious to stop or go further. A failure to notice further the importance of the remedy through modesty would be open to the charge of affectation. The word affectation, even in inference, must have no place at this stage of the work. The feeling is that the case has been fairly and fully proven beyond the reach of the charlatan, the scoffer, and the suggestion of the alienist.

That it affects the moral condition, Cases Nos. 15, 16, and 17 will show. The intellect, unshackled by these diseases, will attain a higher degree of brightness. That it may cause political danger has been shown. That they are a source of physical suffering and danger has been shown all through these papers. But to women it is the greatest boon. Two-thirds of the diseases that have been

treated are diseases of women. All these are curable.

There are conditions of personal appearance that they hold very dear. Many may have a dozen or more. One-half of these may be relieved or improved in a few minutes, one-half of the remainder in a few weeks.

It is plain these diseases affect the moral, intellectual, mental, political, and physical condition of the race. It is impossible to estimate the value of a remedy that will restore these impaired conditions. Our vocabulary is too poor in words to properly designate its value.

To illustrate its value compared with other remedies, the diamond among other precious stones is a faint comparison. For most important ends from the most simple means, it is not unlike the killing of a giant with a pebble stone. But little less than the skill of a David would not be amiss in handling the weapon.

It is hardly necessary to make further reference to the importance of the successful treatment of these diseases to the profession.

They can hardly be estimated. The suffer are of a class that make them the aim if n the prey of a great number of medical m who are not ornaments to the profession.

The toilers of the profession have endur for ages the ignominy and reproach for the inability to relieve the sufferer; success o the unscrupulous medical men has increase their mortification. A remedy for these di eases strikes a decisive blow at these u scrupulous men that will remove most o them from a profession in which they do n have ability to stay. In view of the labo and energy of the leaders, the profession wi in all probability attain and hold the highe rank in the estimation of the world.

As regards the reception of this paper, am neither wholly optimistic or pessimisti Its principal fault may be that it proves to much. It probably will have to pass throug the valley of credulity, but a favorable recep tion must come.

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